



Phone: 480-312-2218 ARS Hotline: 480-312-2234
Email: Adaptedrec@scottsdaleaz.gov
Chaparral Drinkwater Building | 8102 E Jackrabbit Rd (CHDB)
<http://www.scottsdaleaz.gov/sports/adaptive>

To be placed on our mailing list for upcoming Adapted Recreation programs, please call or email the Adapted Recreation office and leave a message with your name, address, zip code, phone number, birth date and email address. We will send you the most current information and registration about our upcoming recreation programs, sports and social opportunities! Scottsdale Parks and Recreation does not provide personal/intrusive services such as diapering, toileting assistance, changing of clothes, injections, catheterization, or feeding. All participants requiring such services are most welcome, however must bring their own personal assistant to any class, facility, or program, at no extra charge, for these specific services. All participants must have an Adapted Recreation (ARS) form on file with Adapted Recreation Services prior to participating in ARS programs.

Inclusion Services for After-School/Summer Programs & Leisure Education classes are available!

Please register for the appropriate program and contact Neal Hallihan, CTRS at 480-312-2218. ARS requires at least a 14 day notice to arrange accommodations services.

SUMMER TEEN CONNECTION

Come & be cool with the Summer Teen Connection! The STC is for teens with intellectual disabilities aged 12-22. Program activities include creative expression, indoor games, sports, weekly swimming, music, fitness, excursions, and social skill development. Pack a lunch & hang out at the STC! Excursion fees are included in course fees.

| | | | | | |
|-----|---------|-----------|------|--------------------|--------|
| M-F | 9am-4pm | 6/1-6/12 | CHDB | \$200(R)/\$300(NR) | 113394 |
| M-F | 9am-4pm | 6/15-6/26 | CHDB | \$200(R)/\$300(NR) | 113395 |
| M-F | 9am-4pm | 6/29-7/10 | CHDB | \$200(R)/\$300(NR) | 113396 |
| M-F | 9am-4pm | 7/13-7/24 | CHDB | \$200(R)/\$300(NR) | 113397 |

CHAPARRAL TEEN CONNECTION

Need a place to hang out in the afternoon? Come join the CTC! You'll participate in a variety of activities including fitness, creative expression, indoor/outdoor games, sports, walks/hikes, social skill development and specialized instruction. The CTC meets at the Drinkwater Community Center, and the park is right outside! The CTC program is for teenagers with intellectual disabilities aged 12-22 years.

| | | | | | |
|-----|-------------------------|-----------------|------|------|--------|
| M-F | School Release- 6:00 pm | 8/10/15-5/26/16 | CHDB | FREE | 113436 |
|-----|-------------------------|-----------------|------|------|--------|

SCOTTSDALE SOCIAL CLUB (SSC)

Do you want to have a blast going out on the town for dinner, doing the wave at a ball game or hanging out with friends? If so, the Scottsdale Social Club (SSC) is for you! Join the SSC on monthly community outings which provide recreation, socialization and leisure. The SSC program is for teens & adults with intellectual disabilities aged 16 years and up. Pre-registration and pre-payment is required unless otherwise noted. ALL pickups/drop offs will be at the Drinkwater Building at the times listed unless otherwise noted.

WILD WATER NIGHT AND BBQ AT DRINKWATER BUILDING

| | | | | | |
|---|------------------|-----|------|------|--------|
| F | 6:00 pm-10:00 pm | 5/8 | CHDB | \$10 | 113398 |
|---|------------------|-----|------|------|--------|

*Please bring a swimsuit and towel. Dinner will be provided!

DETOUR PLAY - 'SHREK'

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|---|------------------|-----|------|-----|--------|
| F | 6:00 pm-10:00 pm | 6/5 | CHDB | \$4 | 113399 |
|---|------------------|-----|------|-----|--------|

*Please bring extra \$\$ for food/souvenirs or a packed dinner.

SUNSPASH WATER PARK

| | | | | | |
|---|------------------|------|------|-----|--------|
| F | 6:00 pm-10:00 pm | 7/10 | CHDB | \$4 | 113400 |
|---|------------------|------|------|-----|--------|

*Please bring \$14 for park admission & extra \$\$ for food/souvenirs or a packed dinner

PHOENIX MERCURY GAME

| | | | | | |
|---|------------------|-----|------|-----|--------|
| F | 6:00 pm-10:00 pm | 8/7 | CHDB | \$4 | 113401 |
|---|------------------|-----|------|-----|--------|

*After registering, please see online ticket purchasing information & bring extra \$\$ for food/souvenirs or a packed dinner

SATURDAY NIGHT DANCES

Do you want the opportunity to meet new friends and socialize with peers? Do you want to cut a rug and show off new dance moves? Our monthly dances are just the place! A live DJ spins popular favorites on the second Saturday of every month. The Dances are for teenagers and adults with intellectual disabilities aged 14 years & up.

Date: Second Saturday of every month from 6:00 pm-8:00 pm

Cost: \$2.00 per person at the door- No pre-registration or pre-payment is required to attend & all participants must bring a photo ID (school ID, AZ ID, Dial-A-Ride card, etc)

Location: Chaparral Drinkwater Building

ADAPTED RECREATION SERVICES | RESIDENT REGISTRATION STARTS MAY 4

SPECTACULAR SATURDAY CLUB

Come hang out with Adapted Rec every Saturday! You can participate in a variety of activities including community outings, fitness, arts, indoor/outdoor games, sports, social skill development, walks, etc. Course codes and sign-ups will be provided on a monthly basis. The Spectacular Saturday Club is for teens and adults with intellectual disabilities aged 16 years & up. If we don't have 15 participants registered by the preceding Monday, the program will be cancelled & refunds will be issued for that week.

| | | | | |
|----|------------------|----------------|------|------|
| Sa | 1:00 pm- 8:00 pm | 5/2/15-8/29/15 | CHDB | \$20 |
|----|------------------|----------------|------|------|

SCOTTSDALE BOBCATS ADAPTED AQUATICS

The Bobcats are gearing up for this year's aquatics season and we need YOU on the team! Both teams participate in regular practices, an area tournament and the State tournament at the end of the season. Put on your goggles and make a splash!

JUNIOR TEAM 8-15 YEARS

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|----|-----------|------------------|------|--------|
| Sa | 10am-11am | 7/25/15-10/17/15 | ELDO | 113387 |
|----|-----------|------------------|------|--------|

ADULT TEAM 16 YEARS AND UP

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|----|-----------|------------------|------|--------|
| Sa | 11am-12pm | 7/25/15-10/17/15 | ELDO | 113386 |
|----|-----------|------------------|------|--------|

SCOTTSDALE BOBCATS ADAPTED GOLF

The Bobcats are gearing up to hit the links and we need YOU on the team! The Skills team is for beginner athletes with no previous experience wishing to build golf skills. The Unified team is for athletes with prior experience and able to play 9 holes with a Unified partner. Important: the Unified team requires prior golf experience. Please bring or be a partner for the season! Both teams participate in regular practices, an area tournament and the State tournament at the end of the season.

SKILLS TEAM-LEVEL 1 8 YEARS AND UP

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|-----|-------|-----------------|----------------|--------|
| Mon | 5-7pm | 8/15/15-11/7/15 | TPC Scottsdale | 113388 |
|-----|-------|-----------------|----------------|--------|

UNIFIED TEAM ATHLETE-LEVEL 2 16 YEARS AND UP

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|-----|-------|-----------------|----------------|--------|
| Mon | 5-7pm | 8/15/15-11/7/15 | TPC Scottsdale | 113389 |
|-----|-------|-----------------|----------------|--------|

UNIFIED TEAM PARTNER-LEVEL 2 16 YEARS AND UP

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|-----|-------|-----------------|----------------|--------|
| Mon | 5-7pm | 8/15/15-11/7/15 | TPC Scottsdale | 113390 |
|-----|-------|-----------------|----------------|--------|



Parcourses

ARE GYMS AND GROUP FITNESS NOT YOUR THING?

Not to worry, we have something for everyone! Leave the dumbbells at home and visit one of our park locations with Parcourse stations on your own time and at your own pace! These stations are designed to promote physical fitness while enjoying fresh air and open green spaces.

Comanche Park | 7639 Via Paseo del Norte

Chaparral Park | 5401 N. Hayden Rd

Lafayette Park | 6745 E. Lafayette Blvd

Mountain View Park | 8625 E. Mountain View Rd

Osborn Park | 7775 E. Osborn Rd

Scottsdale Ranch Park | 10400 E. Via Linda

Scottsdale Parks and Recreation is dedicated to helping citizens make the most of our programs, parks and amenities!

Other Exercises to do at the Park

As a warm-up, utilize our many multi use paths and get your heart rate up!

- Jumping Jacks
- High Knees
- Push Ups
- Walking Lunges
- Run up and down stairs or hills
- Plank
- Mountain Climbers
- Stretch

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18 (12wks) HRZN \$57(R)/\$86(N) Martin 102812

| | | | |
|------|---------------------|-----------------------------|-------------|
| Day | Start Date & Length | Fees, Resident/Non-Resident | Course Code |
| Time | Location | Instructor, when applicable | |